

Collard Greens





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SHOPPER'S TIPS

- Look for crisp bunches with smooth, firm leaves.
- Avoid bunches with yellow, wilted, or slimy leaves and thick, dried-out stems. Wilting is a sign of bitter tasting leaves.

FUN FACTS!

- Collard greens were grown by the ancient Greeks and Romans.
- A southern tradition in the United States, collard greens are eaten on New Year's Day to ensure wealth in the coming year because their leaves resemble folded money.

WHAT IS IN IT FOR YOU?

One cup of cooked collard greens is:

- An excellent source of vitamin A, vitamin K, vitamin C, folate, fiber, and calcium.
- A source of iron, vitamin B6, riboflavin, and magnesium.

SERVING IDEAS

- Flavor collard greens with smoked turkey, and do not cook them too long or most of their vitamins will go into the cooking water.
- Sauté chopped collard greens with onions, tomatoes, olive oil, and garlic.

PEAK SEASON

California grown varieties, available from winter to spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Wrap unwashed greens in a damp paper towel and store in an airtight plastic bag. Place the bag in the refrigerator for up to five days.